

# Inter Tribal Council of Arizona, Inc.

## Evidence-Based Falls Prevention Program

### Goals, Strategies, and Activities

The overall purposes of this two-year grant are to:

- Increase access to evidence-based fall prevention programs for older adults and adults with disabilities to reduce falls risk and falls; and
- Create integrated, sustainable evidence-based prevention program networks.

The Inter Tribal Council of Arizona, Inc., Area Agency on Aging, (ITCA-AAA), Region 8 will:

- Implement Stepping On, a community-based falls prevention program, offered once a week for seven weeks in small group settings;
- Increase home safety for participants of the evidence-based program.
- Older adults and adults with disabilities at risk for falls will be targeted in two Tribal communities.

### Partnerships

To achieve the goals of the grant, the ITCA-AAA, Region 8 will collaborate with the following key partners:

- The Hopi Tribe Office of Aging and Adult Services;
- Salt River Pima-Maricopa Indian Community Senior Services Department;
- Arizona Indian Council on Aging;
- Indian Health Services;
- Tribal Health Services.

### Anticipated Results

- Enroll 192 older adults and adults with disabilities in the Stepping On program over the two year grant period;
- Provide specialized equipment to Stepping On participants to increase home safety;
- Increase community awareness about falls and falls risks;
- Develop a sustainability plan to expand community partnerships that promotes sustainable evidence-based falls prevention programs.

### Contact

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### For more information about the Administration for Community Living

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